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The Forefront Of The Coping Movement™

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Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion › LMS and Red Pill discussions › Shitty Advice ▾

[Looksmax] GTFIH sauna-maxxing is REAL: HGH increase

[Looksmax] GTFIH sauna-maxxing is REAL: HGH increase

Thread Modes



lacuna cortex

Mega Super Poster



Posts: 2,737
Threads: 574
Joined: Aug 2017
Reputation: 5,316
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

08-04-2017, 10:33 PM (This post was last modified: 08-04-2017, 10:38 PM by lacuna cortex.) #1

STICKY THIS THREAD PERMANENTLY:

I have to thank @choicebyforce for awaring me on this literal breakthrough... sauna-maxxing is the real deal boyos....

1 hour in a sauna can increase HGH production 16-FOLD.

From this day forward, everyone will treat sauna-maxxing with equal respect as gymcelling, and, in conjunction with the latter, you will literally be able to feel the ascension (for those who still haven't gone through puberty/developed masculine features LOL)

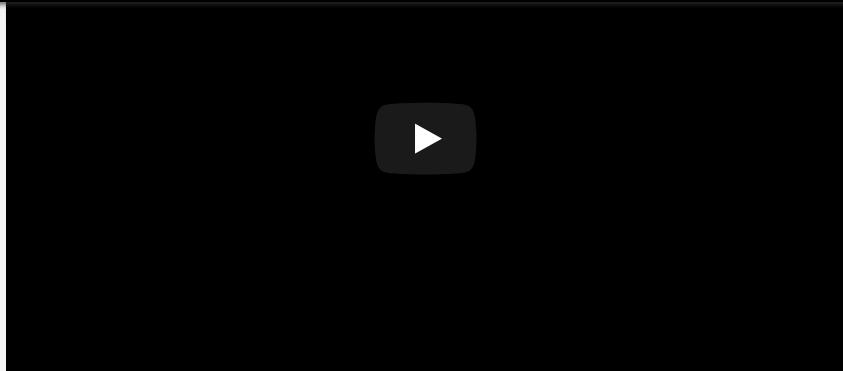
Hyperthermic Conditioning Increases Growth Hormone

- Two 20-minute sauna sessions (176°F) boosts GH by 2-fold.
- Two 1-hour sauna sessions (176°F) for 3 days boosts GH levels 16-fold over baseline.

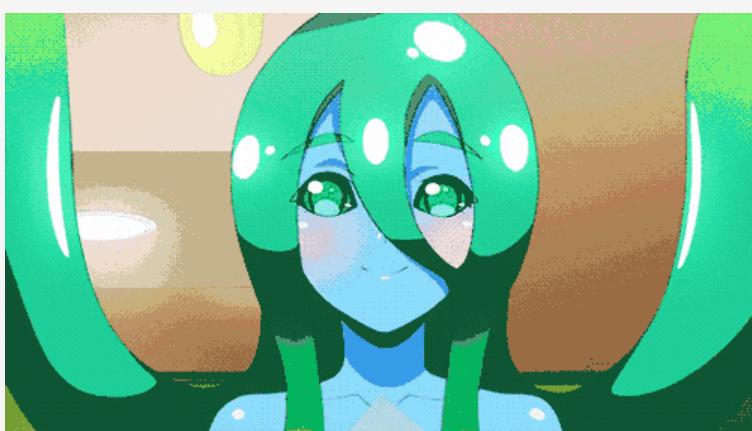
Sponsored By PALEO MAGAZINE

30:22 / 36:06

How Diet, Exercise, and Hyperthermic Conditioning Can Change the Expression of Your Genes



heat stress drives HGH production into overtime; you're literally overclocking your body by sauna-ing every day.



Find

Reply



08-04-2017, 10:40 PM

#2

Can't afford sauna, will just inject peptides instead

celzor ●

Super Poster



Posts: 1,090

Threads: 261

Joined: Nov 2016

Reputation: 2,752

1 capture

5 Oct 2019

**The Hideous Cabal**

Faps to Blacked.com



Posts: 3,706

Threads: 636

Joined: Sep 2016

Reputation: 9,482

Acta Physiol Scand. 1986 Nov;128(3):467-70.**Endocrine effects of repeated sauna bathing.**

[font=arial, helvetica, clean, *****] [/url], Huttunen P, Hirvonen J, Väänänen A, Tuominen M, Vuori J. [/font] [/color]

Abstract

Ten healthy male and seven female volunteers were exposed to dry heat (in a Finnish sauna 80 degrees C) 1 h twice a day for 7 days. The levels of ACTH in plasma, cortisol, TSH, thyroid hormones, testosterone, gonadotropins, prolactin and GH in serum and urinary excretion of catecholamines were determined before the experiment, and on the first, third and seventh days. Females participated only in prolactin studies. During the experiments there were no statistically significant changes in serum thyroid hormones, TSH, testosterone, FSH and LH levels. Serum cortisol and plasma ACTH decreased and urinary catecholamine increased slightly at the end of the experiment (P less than 0.05). Serum GH and prolactin in males exhibited 16- and 2.3-fold increases (P less than 0.01), respectively. In females serum prolactin rose over four-fold (P less than 0.01). The GH rise in response to hyperthermia declined after the third day but prolactin remained elevated at the end of the experiments in males. The release of prolactin in females was also high and may be associated with the transient amenorrhoea that occurred in five out of seven subjects after the experiment. The increased release of prolactin and perhaps that of GH may be associated to the heat-exposure-induced dehydration.

PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>

Find

Reply

**Br0sk1**

No idea where I am



RUTIST

Posts: 3,708

Threads: 168

Joined: Sep 2015

Reputation: 9,909

Tinder Matches: Zero

Dates: 2

08-04-2017, 10:56 PM

#4

Legit thread, boyo. We should make sure our sons sauna max to become high HGH, tall, robust slayers.

1 capture

5 Oct 2019

**The Hideous Cabal** ●

Faps to Blacked.com



5k Reps

Posts: 3,706
Threads: 636
Joined: Sep 2016
Reputation: 9,482

08-04-2017, 10:57 PM

#5

Pinhead Wrote: ➔

(08-04-2017, 10:52 PM)

The Hideous Cabal Wrote: ➔

(08-04-2017, 10:43 PM)

Acta Physiol Scand. 1986 Nov;128(3):467-70.

Endocrine effects of repeated sauna bathing.[font=arial, helvetica, clean, ***** J[/url], Huttunen P, Hirvonen J, Väänänen A, Tuominen M, Vuori J.[/font][/color]
Abstract

Ten healthy male and seven female volunteers were exposed to dry heat (in a Finnish sauna 80 degrees C) 1 h twice a day for 7 days. The levels of ACTH in plasma, cortisol, TSH, thyroid hormones, testosterone, gonadotropins, prolactin and GH in serum and urinary excretion of catecholamines were determined before the experiment, and on the first, third and seventh days. Females participated only in prolactin studies. During the experiments there were no statistically significant changes in serum thyroid hormones, TSH, testosterone, FSH and LH levels. Serum cortisol and plasma ACTH decreased and urinary catecholamine increased slightly at the end of the experiment (P less than 0.05). Serum GH and prolactin in males exhibited 16- and 2.3-fold increases (P less than 0.01), respectively. In females serum prolactin rose over four-fold (P less than 0.01). The GH rise in response to hyperthermia declined after the third day but prolactin remained elevated at the end of the experiments in males. The release of prolactin in females was also high and may be associated with the transient amenorrhoea that occurred in five out of seven subjects after the experiment. The increased release of prolactin and perhaps that of GH may be associated to the heat-exposure-induced dehydration.

PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>

high inhibcels at it again

would expect nothing less from this forum

What you talmbout?



Find

Reply

08-04-2017, 11:02 PM

#6

The Hideous Cabal Wrote: ➔

(08-04-2017, 10:57 PM)

7.4/10

7/10

would expect nothing less from this forum

What you talmbout?

He's just a bittercel

JustWantToBeAn8

Scarmaesthetic Crew

Posts: 5,067
Threads: 991
Joined: Apr 2016
Tinder Matches: 500
Dates: Zero
Kisses: 50
Slay Count: 10
Relationships: Zero

Find

Reply



08-05-2017, 12:14 AM

#7

Br0sk1 Wrote:

(08-04-2017, 10:56 PM)

Legit thread, boyo. We should make sure our sons sauna max to become high HGH, tall, robust slayers.

legit legit I'm going to build a sauna near a lakehouse for my progeny... they will sauna minimum one hour every day or else they get spanked tbh tbh

lacuna cortex

Mega Super Poster

★★★★★

Rotters

Posts: 2,737
Threads: 574
Joined: Aug 2017
Reputation: 5,316
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+



Find

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08-05-2017, 12:53 AM (This post was last modified: 08-05-2017, 12:54 AM by TheEnlightenedGymcel.)

#8

The Hideous Cabal Wrote:

(08-04-2017, 10:43 PM)

1 capture el Ultra Super Poster
 5 Oct 2019



Posts: 4,490
 Threads: 517
 Joined: Jul 2017
 Reputation: 9,040

Abstract

Ten healthy male and seven female volunteers were exposed to dry heat (in a Finnish sauna 80 degrees C) 1 h twice a day for 7 days. The levels of ACTH in plasma, cortisol, TSH, thyroid hormones, testosterone, gonadotropins, prolactin and GH in serum and urinary excretion of catecholamines were determined before the experiment, and on the first, third and seventh days. Females participated only in prolactin studies. During the experiments there were no statistically significant changes in serum thyroid hormones, TSH, testosterone, FSH and LH levels. Serum cortisol and plasma ACTH decreased and urinary catecholamine increased slightly at the end of the experiment (P less than 0.05). Serum GH and **prolactin in males exhibited 16- and 2.3-fold increases** (P less than 0.01), respectively. In females serum prolactin rose over four-fold (P less than 0.01). The GH rise in response to hyperthermia declined after the third day but prolactin remained elevated at the end of the experiments in males. The release of prolactin in females was also high and may be associated with the transient amenorrhoea that occurred in five out of seven subjects after the experiment. The increased release of prolactin and perhaps that of GH may be associated to the heat-exposure-induced dehydration.

PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>

"In men, the most common symptom are due to **low testosterone levels caused by prolactin** leading to **decreased libido, erectile dysfunction, and impotence**; in some men, **high prolactin levels and low testosterone** levels will also **cause** breast enlargement and tenderness, but this is less common."

<https://www.urmc.rochester.edu/neurosurg...inoma.aspx>

Yo how about fuck no.

BBasically, you're sacrificing test for hgh



08-05-2017, 01:13 AM

#9

Enjoy your decreased testosterone levels, lmfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

Take a cold shower for fuck sake. It has the same growth hormone boost but it boosts test too instead of fucking it up.

WHAT HAPPENS ONE HOUR AFTER DOING THE WIM HOF METHOD

The infographic details the following timeline:

- 1 FIRST 30 - 60 SECONDS**: PUMPS YOUR BODY WITH VITAL OXYGEN. Deep breathwork for 30-50 cycles leads to toxic carbon dioxide leaving your system and vital oxygen flooding your body, alkalinizing your system for various health benefits.
- 2 1 - 3 MINUTES**: STILL BREATH > STILL MIND > INNER PEACE. The retention phase lasting around 1-2 minutes, lowers the oxygen tension in your blood. This signals your brain to awaken every cell and blood vessel in your body, acting like a reset switch bringing you back into harmony.
- 3 2 - 3 MINUTES**: ENERGY RUSH. You now need more oxygen. Inhaling deeply makes fresh oxygen rush into your lungs, giving a sudden euphoric rush of vitality to every organ in your body, especially your brain. A controlled release of adrenaline gives you a natural 'high'.
- 4 3 - 20 MINUTES**: FEELS GOOD? LET'S DO IT AGAIN! As you repeat this process you now feel more relaxed but alert with more energy and a pleasant glowing feeling inside. A bit like a strong cup of coffee or energy drink, without any of the jitters, cravings or side effects. Special stretching and strengthening exercises creates a more toned and fitter body.
- 5 20 - 25 MINUTES**: COLD IS YOUR NEW WARM FRIEND. Cold therapy using cold showers or ice baths, tricks your body, switching on your survival mode. This improves metabolic efficiency, boosting vital health markers, increasing your growth hormone and testosterone levels, lowering inflammation, releasing endorphins and happy hormones like dopamine.
- 6 30 - 60 MINUTES**: VIVA LAS VAGUS. With further practice you can control your vagus nerve and autonomic nervous system. Potentially a complementary treatment for severe diseases, free of charge and with absolutely no negative side effects.
- 7 60 MINUTES & BEYOND**: ASTONISHING LONG-TERM BENEFITS. Control your immune system, change your core body temperature, create super human strength and stamina, sleep deeply, burn fat, reduce inflammation, have more energy and switch off stress at will. People have also reported relief and even complete recovery from autoimmune and inflammatory diseases.
- IF YOU PRACTICE HARD ENOUGH YOU MAY BE ABLE TO BEAT ONE OF WIM HOF'S 26 WORLD RECORDS!**

For the full article including citations please visit: therenegadepharmacist.com/WimHofMethod

RENEGADE PHARMACIST

Design by CreativeForge 2015

Wim Hof Senior Member



Posts: 315
 Threads: 46
 Joined: Jul 2017
 Reputation: -270



08-05-2017, 01:17 AM

#10

1 capture

5 Oct 2019



lacuna cortex

Mega Super Poster



Posts: 2,737
Threads: 574
Joined: Aug 2017
Reputation: 5,316
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

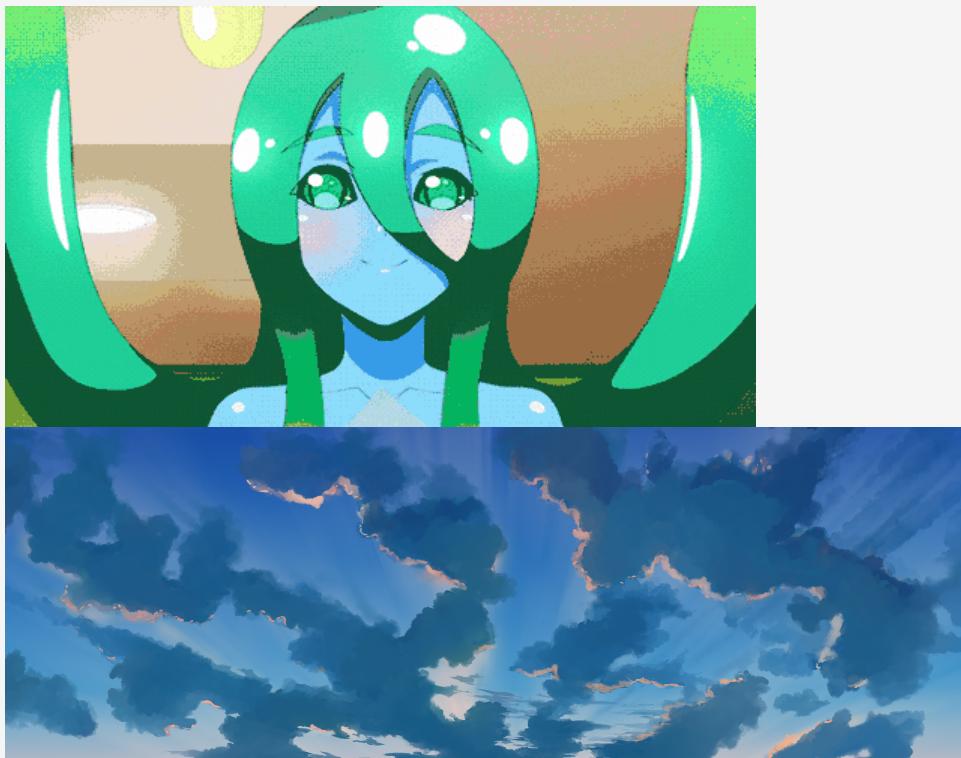
Wim Hof Wrote:

Enjoy your decreased testosterone levels, lmfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

Take a cold shower for fuck sake. It has the same growth hormone boost but it boosts test too instead of fucking it up.



so cold showers actually aren't a meme?

[Find](#)[Reply](#)

08-05-2017, 01:23 AM

#11

lacuna cortex Wrote:

(08-05-2017, 01:17 AM)

Wim Hof Wrote:

(08-05-2017, 01:13 AM)

Enjoy your decreased testosterone levels, lmfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

TallWhiteCel

Senior Member



up.

so cold showers actually aren't a meme?

ITT Wim Hoff Method legit? 😱😱

Find

Reply

**Wim Hof** ●
Senior MemberPosts: 315
Threads: 46
Joined: Jul 2017
Reputation: -270

08-05-2017, 01:25 AM (This post was last modified: 08-05-2017, 01:26 AM by Wim Hof.)

#12

lacuna cortex Wrote: ➔

(08-05-2017, 01:17 AM)

Wim Hof Wrote: ➔

(08-05-2017, 01:13 AM)

Enjoy your decreased testosterone levels, lmfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

Take a cold shower for fuck sake. It has the same growth hormone boost but it boosts test too instead of fucking it up.

so cold showers actually aren't a meme?

Yea dude. Look up "Wim Hof Method" if you're interested. He has a great interview with Rhonda Patrick on youtube.

Cold showers increase brown fat which we're born with, but it diminishes as we age from lack of cold exposure. All mammals have it.

It increases skeletal hypertrophy:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3713216/>

Iceman COPPA WYOTO.



so cold showers actually aren't a meme?

ITT Wim Hof Method legit?! 😱😱

Wim Hof (the Iceman) on Defeating...

Ver más tarde Compartir

WHAT HAPPENS ONE HOUR AFTER DOING THE WIM HOF METHOD

1 FIRST 30 - 60 SECONDS
PUMPS YOUR BODY WITH VITAL OXYGEN
Deep breathwork for 30-50 cycles leads to toxic carbon dioxide leaving your system and vital oxygen flooding your body, alkalinizing your system for various health benefits.

2 1 - 3 MINUTES
STILL BREATH > STILL MIND > INNER PEACE
The retention phase lasting around 1-2 minutes, lowers the oxygen tension in your blood. This signals your brain to awaken every cell and blood vessel in your body, acting like a reset switch bringing you back into harmony.

3 2 - 3 MINUTES
ENERGY RUSH
Your body signals that you now need more oxygen. Lightheadedness and dizziness pass as you begin a sudden euphoric rush of vitality to every organ in your body, especially your brain. A controlled release of adrenaline gives you a natural high.

4 3 - 20 MINUTES
FEELS GOOD? LETS DO IT AGAIN!
As you repeat the process, you feel relaxed but alert with more energy and a pleasant glowing feeling inside. A bit like a strong cup of coffee or energy drink, without any of the jitters, cravings or side effects. Special stretching and strengthening exercises creates a more toned and fitter body.

5 20 - 25 MINUTES
COLD IS YOUR NEW WARM FRIEND
Cold therapy using cold showers or ice baths, tricks your body, switching on your survival mode. This improves metabolic efficiency, boosting vital health markers, increasing your growth hormone and testosterone levels, lowering inflammation, releasing endorphins and happy hormones like dopamine.

6 30 - 60 MINUTES
VIVA LAS VAGUS
With further practice you can control your vagus nerve and autonomic nervous system. Potentially a complementary treatment for severe diseases, free of charge and with absolutely no negative side effects.

7 60 MINUTES & BEYOND
ASTONISHING LONG-TERM BENEFITS
Control your immune system, change your body temperature, create super human strength and stamina, sleep deeply, burn fat, reduce inflammation, have more energy and switch off stress at will. People have also reported relief and even complete recovery from autoimmune and inflammatory diseases.

IF YOU PRACTICE HARD ENOUGH YOU MAY BE ABLE TO BEAT ONE OF WIM HOF'S 26 WORLD RECORDS!

For the full article including citations please visit: therenegadepharmacist.com/WimHofMethod

RENEGADE PHARMACIST

Design by CreativeForge 2015

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1 capture

5 Oct 2019



lacuna cortex Wrote:

legit legit I'm going to build a sauna near a lakehouse for my progeny... they will sauna minimum one hour every day or else they get spanked tbh tbh

Br0sk1

No idea where I am



AUTIST

Posts: 3,708
Threads: 168
Joined: Sep 2015
Reputation: 9,909
Tinder Matches: Zero
Dates: 2
Kisses: 3
Slay Count: 1
Relationships: 1

[Find](#)[Reply](#)

08-05-2017, 02:32 AM

#14

Wim Hof Wrote:

(08-05-2017, 01:13 AM)

Enjoy your decreased testosterone levels, lmfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

Take a cold shower for fuck sake. It has the same growth hormone boost but it boosts test too instead of fucking it up.

strong pseudoscience. nuts hang outside body because of sperm not testosterone.



post snot again and I'll take away your right to a signature

[Find](#)[Reply](#)

08-05-2017, 06:51 AM (This post was last modified: 08-05-2017, 06:53 AM by MasterTurtle.)

#15

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

Though i have very broad shoulders, i only have 6'5 inch wrists + 22' skull circ lol.
Shouldn't GH have made my bones bigger all around and not just taller???

1 capture
I grew wrong
5 Oct 2019

Posts: 2,685
Threads: 170
Joined: Mar 2017
Reputation: **2,784**
Tinder Matches: 250
Dates: Zero
Kisses: 2
Slay Count: Virgin
Relationships: Zero



*I love you
You love me
We are happy family*

Started minox 31st jul

[Find](#)[Reply](#)

08-05-2017, 06:55 AM

#16

TurtleBelleh Wrote:➔

(08-05-2017, 06:51 AM)

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

Though i have very broad shoulders, i only have 6'5 inch wrists + 22' skull circ lol.
Shouldn't GH have made my bones bigger all around and not just taller???

lol at cold showers claim too, basically you just need to bathe and not be disgusting incel filth



Rigor Mortis ●
Gone Rotting
 HBO MANLET

Posts: 8,636
Threads: 637
Joined: May 2016
Reputation: **18,243**



fuark. im 5'10.5" , same as my dad, and my mom is 5'7" . my dad wrist and skull mogs me even tho he was born at half my weight, and my mom has the same wrist size as me.

ill just use saunas since they help me relax, and take some cold showers after (i like going to each sauna and then between them rub some ice on my body from the ice fountain and take a cold experience shower)

[Find](#)[Reply](#)

08-05-2017, 07:04 AM

#17

1 capture

5 Oct 2019

**MasterTurtle** ☺

I grew wrong



Posts: 2,685
Threads: 170
Joined: Mar 2017
Reputation: **2,784**
Tinder Matches: 250
Dates: Zero
Kisses: 2
Slay Count: Virgin
Relationships: Zero

Rigor Mortis Wrote:

TurtleBelleh Wrote:

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

Though i have very broad shoulders, i only have 6'5 inch wrists + 22' skull circ lol.
Shouldn't GH have made my bones bigger all around and not just taller???

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ill just use saunas since they help me relax, and take some cold showers after (i like going to each sauna and then between them rub some ice on my body from the ice fountain and take a cold experience shower)

Does wrist and skull grow as you age tbh?? I can't really imagine my dad having 7'5 inch wrists his entire life lmfao

Legit about the dad mog tbh, i don't think i've ever met someone who mogged their dad. It seems like every generation is getting worst other than the few who developed to their fullest i.e. athletes since young.

*I love you
You love me
We are happy family*

Started minox 31st jul

Find

Reply



08-05-2017, 08:10 AM

#18

Let's see

Do as a piece of shit ugly russian with an ice fetish

1 capture

Mega Super Poster

5 Oct 2019



HONP

Posts: 3,705
Threads: 145
Joined: Jun 2016
Reputation: 7,640

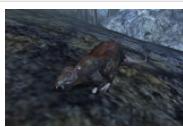


Or do as a DOM fighter with a hot wife



1 capture

5 Oct 2019

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08-05-2017, 10:20 AM

#19

While I doubt that occasionally using the sauna is going to kill you, higher levels of HGH are generally a bad thing to aim for. Also, Rhonda Patrick is retarded, and has a super reductionist, magical thinking way of studying human health and nutrition.

The softest force in the universe
can overcome the hardest of objects.
Something without substance
can pass through the space between atoms.

That's how I know
about the power of doing nothing.

The silent teachings
and the power of doing nothing
can only be understood
by a few people.

Narcissnus ●
Senior Member

Posts: 387
Threads: 6
Joined: May 2016
Reputation: 2,269

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08-05-2017, 11:05 AM

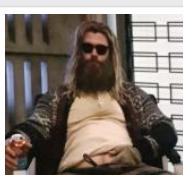
#20

For those who dont have saunas, What about just saunaing your face? (boiling a pot of water and holding your head over it with a towel). Does this open pores and exfoliate? I feel like i get a HGH boost from long warm showers as well.

INFP Crew
Aura and Your-Life-Is-A-Dream theory maxxing

Maxim ●
Super Poster

Posts: 1,299
Threads: 0
Joined: Sep 2016
Reputation: 370

[Find](#)[Reply](#)

08-05-2017, 01:57 PM

#21

Too much info... I need simple cliffs.

Are cold showers good? Does it raise testosterone in any significant way? Yes or no?

Saunas are good I'm sure. I take them whenever I can.

1 capture

Slayer

5 Oct 2019

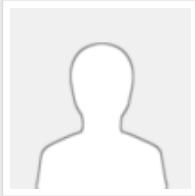
Posts: 6,701
Threads: 582
Joined: Mar 2016
Reputation: 6,423

Find

2018

2020

Reply

**Theo Von Copecel The**

3rd

Member



Posts: 78
Threads: 7
Joined: Jul 2017
Reputation: 160

Find

08-05-2017, 02:04 PM

#22

Leans Wrote:

(08-05-2017, 01:57 PM)

Too much info... I need simple cliffs.

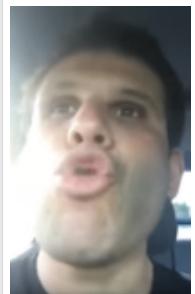
Are cold showers good? Does it raise testosterone in any significant way? Yes or no?

Saunas are good I'm sure. I take them whenever I can.

Sauna's and cold showers are going to do nothing at all for the way you look apart from maybe clearing up your skin.

Inject roids or HGH or rot, cold therapy can be good for dealing with stress though and giving you a stronger mindset to withstand being uncomfortable.

Reply

**lookz**

Newbie

AUTIST

Posts: 0
Threads: 0
Joined: Jul 2015
Reputation: 511

Find

08-05-2017, 02:14 PM

#23

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034215/><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025014/>

Reply

**Br0sk1**

No idea where I am



AUTIST

Posts: 3,708
Threads: 168
Joined: Sep 2015

08-05-2017, 02:49 PM

#24

TurtleBelleh Wrote:

(08-05-2017, 07:04 AM)

Does wrist and skull grow as you age tbh?? I can't really imagine my dad having 7'5 inch wrists his entire life lmfao

Legit about the dad mog tbh, i don't think **i've ever met someone who moggod their dad.** It seems like every generation is getting worst other than the few who developed to their fullest i.e. athletes since young.

I know a number of guys. For example, my good friend and his brother are both 6'2" and maybe 6'1" respectively and reasonably proportioned, while their father is a 5'7" manlet. The dad may be better proportioned and might have bigger wrists and ankles, but I haven't noticed that

1 capture

5 Oct 2019

Relationships: 1

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Reply

**MasterTurtle** ●

I grew wrong



Posts: 2,685
Threads: 170
Joined: Mar 2017
Reputation: **2,784**
Tinder Matches: 250
Dates: Zero
Kisses: 2
Slay Count: Virgin
Relationships: Zero

08-05-2017, 02:54 PM

#25

Br0sk1 Wrote: ➔

(08-05-2017, 02:49 PM)

TurtleBelleh Wrote: ➔

(08-05-2017, 07:04 AM)

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Forgot to specify it but i meant mogged their dad's wrist size, i think wrist size increases as you age.

Or am i coping.

*I love you
You love me
We are happy family*

Started minox 31st jul

Find

Reply



08-05-2017, 02:58 PM

#26

TurtleBelleh Wrote: ➔

(08-05-2017, 02:54 PM)

Forgot to specify it but i meant mogged their dad's wrist size, i think wrist size increases as you age.

Or am i coping.

You may not be, but we'd need to see some studies. My dad's wrists are also far larger than mine (although he's fat, so that might inflate the thickness). In any event, his wrists are wider than mine as well.

He also has very thick ankles and calves, but doesn't store much fat there.

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